

A MARRIAGE CRISIS COURSE FOR MEN

HOW TO WIN HER BACK

*Five Principles for the Man Who Knows He Is Losing Her
and Does Not Know How to Stop It*

How to Win Her Back — 16 Pages

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“She is not looking for the man she married. She is looking for evidence that man still exists.”

— LLOYD ALLEN

FOREWORD

A PERSONAL WORD FROM THE AUTHOR

This course was not written for men who have given up. It was written for men who have not given up but do not know what to do next. Men who feel their marriage slipping and are trying everything they know to stop it — and watching every attempt make it worse.

I have sat across from men in that exact seat. Desperate. Confused. Working hard in all the wrong directions. Most of them were not bad husbands. They were uninformed ones. They did not know what she had lost. They did not understand why their efforts kept landing wrong. And no one had ever told them.

This course tells them. Five modules. No fluff. No false hope. Just the truth about what she is experiencing, what you have been doing wrong, and the specific principles that actually open the door to her heart.

I need to be honest with you before you begin. This course will not save your marriage. Only you can do that — through sustained, humble, consistent effort over time. What this course will do is show you exactly what that effort must look like. The difference between a man who loses his wife and a man who wins her back is not how hard he tried. It is whether he tried the right things.

She is not gone yet. But she is leaving. What you do in the next thirty to ninety days will determine whether she stays or goes. This course will give you the map. What you do with it is entirely up to you.

— **Lloyd Allen**

Marriage Educator, Therapist, and Family Coach

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INTRODUCTION

SHE IS NOT GONE YET

Most men in a marriage crisis make the same mistake. They feel panic. They respond to panic with pressure. They push harder, call more, explain more, apologize more. And they watch her pull further away with every effort.

This is not because she is cruel. It is because urgency without understanding does not feel like love to a woman who is protecting herself from more pain. The harder he pushes, the further she retreats. And he interprets her retreat as proof he needs to push harder. The cycle destroys what is left.

“The man who wins her back is not trying to win. He has finally decided she is worth more than being right.”

WHAT THIS COURSE WILL DO

Five modules. Each one addresses a specific failure point in how men typically respond to a marriage crisis. Each one tells you not just what to do but why — what she is experiencing, what is happening in her nervous system, what Scripture says about it, and what it looks like when a man gets it right.

Work through each module in order. Complete the worksheet before moving to the next. Do not rush. The man who finishes this course in a weekend and changes nothing will lose her. The man who takes six weeks, does the work honestly, and builds real evidence will give her something she can finally respond to.

BEFORE YOU BEGIN

THE FIVE SCENARIOS

Find Yourself Here

Every marriage crisis feels unique to the man living it. But the patterns are the same. These five scenarios show where men typically are when they begin this course — what she is feeling, what he is doing, and the specific mistake that is costing him the most. Find yourself here. Then go to Module 1.

SCENARIO 1

The Emotionally Absent Husband

Sarah stopped talking months ago. She answers questions, manages the house, raises the kids — but she is gone on the inside. She feels invisible, like a roommate he tolerates. David finally notices and panics. He buys flowers. Books a dinner. She goes, says thank you, comes home unchanged. He thinks he tried. She thinks he still does not see her. Gestures without understanding change nothing.

SCENARIO 2

After the Explosion

After years of outbursts, Marcus crossed a line. He did not hit her — but he screamed in a way she will not forget. Now she is quiet in a different way. Cold. She has already spoken to a lawyer. Marcus apologizes daily, begs, cries, promises. She feels smothered. Every apology makes her pull further back. He thinks more is better. She needs space and consistent change — not volume.

SCENARIO 3

The Slow Drift

Couples counseling. Her idea. James agreed just to show up. He sits in sessions defending himself, waiting for the counselor to tell her she is being unreasonable. She sits next to him feeling completely alone — even here. She came to be heard. He came to win. She has quietly started imagining life without him. He does not know the conversation in her head has already moved on.

SCENARIO 4

Emotional Infidelity

Nicole found the messages. Nothing physical — but three months of late-night conversations with a woman from work. Laughter. Inside jokes. Things he never said to her. She does not feel betrayed by sex. She feels replaced emotionally — which is worse. Kevin deleted everything and swears it meant nothing. That sentence destroys her all over again. If it meant nothing, what does that say about what she meant to him?

SCENARIO 5

Physical Infidelity

She found out on a Tuesday. By Friday he had confessed everything, wept, and asked for forgiveness. She said the word — but she did not mean it yet. She cannot sleep in the same bed. Andre thinks forgiveness means they move forward. He keeps asking if they are okay. Every time he asks, she feels pressured to perform a healing she has not experienced. Forgiveness is not restoration. He does not know the difference.

MODULE 1

UNDERSTAND WHAT SHE LOST

Before You Can Win Her Back, You Must Know What She Stopped Believing

Most men in a marriage crisis focus on what they want to recover. She is focused on what she has already lost. Before one apology lands, before one gesture registers, you must understand what she stopped believing — about you, about the marriage, and about herself within it. Winning her back begins not with action. It begins with understanding.

KEY CONCEPTS

- She did not lose love all at once. She lost it in accumulated moments you dismissed, minimized, or never noticed — and she kept a record you never knew existed.
- What she lost is not always what you think. She may not be grieving the incident. She is grieving the pattern the incident confirmed.
- She is not looking for the man she married. She is looking for evidence that man still exists — and evidence requires time, not tears.

BIOLOGICAL AND PSYCHOLOGICAL

When a woman emotionally withdraws, she has typically been signaling distress for months and received no response. By the time a man notices the distance, she has already begun grieving the marriage. Her nervous system is in self-protection mode. Pressure and urgency register as threat, not love. Understanding must come before pursuit.

THEOLOGICAL

Proverbs 20:5 says: The purposes of a person's heart are deep waters, but one who has insight draws them out. God designed your wife with an inner world that requires patient, humble pursuit — not interrogation. You are not owed her heart. You are called to draw it out carefully. That begins with understanding what she has been carrying alone.

EXAMPLE

EXAMPLE

David kept asking Sarah what was wrong. She said nothing. He took that as permission to move on. What she meant was: I have said it so many times I no longer believe you are listening. She was not punishing him with silence. She was protecting herself from another disappointment.

MODULE 1 REFLECTION — UNDERSTAND WHAT SHE LOST

Answer honestly. Not how you wish things were — how they actually are.

1. What specifically has she stopped believing about you? Name it without deflecting.

2. How long has she been signaling distress that you dismissed or did not see?

3. What have you done in response to her silence that has made things worse?

4. What does she need to believe about you again before she can come back?

SCRIPTURE FOR THIS MODULE

"The purposes of a person's heart are deep waters, but one who has insight draws them out."

Proverbs 20:5

Before I move to the next module, one thing I commit to doing differently:

MODULE 2

STOP MAKING IT WORSE*The Mistakes Men Make When They Feel Panic*

When a man realizes he is losing his wife, panic drives him to do more — more apologizing, more calling, more explaining, more pressure. But urgency without understanding is not love. It is self-management disguised as pursuit. Every move he makes from fear rather than clarity pushes her further into herself. Before you can begin winning her back, you must stop doing the things that are guaranteeing you lose her.

KEY CONCEPTS

- Pressure masquerades as passion. Calling repeatedly, showing up unannounced, demanding answers — these feel like pursuit to him. They feel like a threat to her.
- Performing remorse is not the same as demonstrating change. She has heard the apology. What she is watching for is the behavior after it.
- Explaining yourself is not accountability. When a man spends more time justifying what he did than owning its impact, she stops listening entirely.

BIOLOGICAL AND PSYCHOLOGICAL

When a woman is in emotional self-protection, her nervous system reads intensity as danger. Anxious pursuit from a partner who has caused harm activates the flight response, not the connection response. The more he pushes, the more she retreats. This is not manipulation — it is survival. A regulated, patient, consistent presence is the only approach her nervous system can receive.

THEOLOGICAL

James 1:19 commands: Be quick to listen, slow to speak, slow to become angry. This sequence is the blueprint for crisis recovery. Most men reverse it — they speak first, push hard, and grow frustrated when she does not respond. God's prescription for relational repair begins with listening, not talking. The man who disciplines himself to be slow in this season will outlast every man who leads with urgency.

EXAMPLE**EXAMPLE**

After their blowup, Kevin called Rachel six times in one day. He sent long texts explaining his heart. She read them and felt more trapped. He thought volume proved sincerity. She experienced it as proof he still could not read her. His inability to be still told her everything she feared about him was still true.

MODULE 2 REFLECTION — STOP MAKING IT WORSE

Answer honestly. Not how you wish things were — how they actually are.

1. Which of the five mistakes — pressure, performing remorse, explaining, urgency, retreating — have you been most guilty of? Describe it specifically.

2. What were you actually managing when you pushed hardest — her feelings or yours?

3. What has your urgency communicated to her about whether you can be trusted to be safe?

4. What is the one thing you must stop doing immediately?

SCRIPTURE FOR THIS MODULE

"Be quick to listen, slow to speak, slow to become angry."

James 1:19

Before I move to the next module, one thing I commit to doing differently:

MODULE 3

THE LANGUAGE SHE NEEDS TO HEAR

What Genuine Accountability Sounds Like — and Why She Knows the Difference

There is a version of an apology that is really a negotiation. It acknowledges just enough to open a door but stops short of the full truth. She has heard that version before. She knows it by feel — the slight pivot back to his perspective, the qualifier that softens the admission, the ending that circles back to what he needs. Genuine accountability has a different sound. And she recognizes it the moment she hears it.

KEY CONCEPTS

- A real apology names the specific wound, not just the general offense. I am sorry I hurt you is not the same as I know you felt invisible in our home for two years and I caused that.
- Accountability ends with him, not with her. The moment an apology includes but or ends with what he needs, it stops being accountability and becomes pressure.
- She is not listening for the right words. She is watching for the absence of defensiveness. That absence is what tells her something has actually changed.

BIOLOGICAL AND PSYCHOLOGICAL

Research confirms that the content of an apology matters less than its emotional authenticity. Women are neurologically wired to detect incongruence — when words and tone do not match, the apology registers as false regardless of what was said. A man who is genuinely broken over what he caused does not need a script. The absence of self-protection is itself the language she needs.

THEOLOGICAL

Psalms 51:17 declares: A broken and contrite heart, O God, you will not despise. David's confession was total — no deflection, no defense, no conditions. That is the model for marital accountability. Not a speech. Not a strategy. A man standing fully in what he did, asking for nothing in return. That posture, before God and before her, is what opens the door forgiveness can walk through.

EXAMPLE

EXAMPLE

James finally sat down with Nicole without his phone, without a prepared speech, and said: I know what I took from you. I am not here to explain it. I just need you to know that I see it. She cried for the first time in months. Not because he fixed it. Because for the first time, he did not try to.

MODULE 3 REFLECTION — THE LANGUAGE SHE NEEDS TO HEAR

Answer honestly. Not how you wish things were — how they actually are.

1. Write the apology she has never received — no justification, no qualifier, no mention of what you need from her.

2. Where in your last apology did defensiveness appear? What did it reveal?

3. What specific wound did you name — or fail to name — in your apology?

4. What would a fully accountable apology cost you emotionally to deliver?

SCRIPTURE FOR THIS MODULE

"A broken and contrite heart, O God, you will not despise."

Psalm 51:17

Before I move to the next module, one thing I commit to doing differently:

MODULE 4

BUILDING THE EVIDENCE

Words Open a Door. Consistent Changed Behaviour Walks Through It.

She has decided nothing yet — but she is watching everything. The way he handles being ignored. Whether his patience holds when she does not respond the way he hoped. She is not being cruel. She is being careful. She gave her heart to this man before and it cost her. This time she needs to see something she has never seen from him — consistency without an audience.

KEY CONCEPTS

- Changed behavior must outlast his motivation to impress her. When a man changes only while she is watching, she notices. Real change holds when it is inconvenient.
- Small acts carried consistently outweigh grand gestures every time. One dramatic moment costs him nothing. Thirty consecutive days of showing up differently costs him everything — and that is what she is measuring.
- He must change for the right reason. A man changing to get his wife back will stop the moment she returns. A man changing because he sees who he was will still be changed ten years from now.

BIOLOGICAL AND PSYCHOLOGICAL

Rebuilding trust after relational rupture requires repeated positive experiences over time to override the neurological memory of harm. There are no shortcuts — the brain requires accumulated evidence before it rewires its threat response. She is not being stubborn. Her nervous system is doing exactly what it was designed to do: protect her from repeated harm until the evidence outweighs the risk.

THEOLOGICAL

Galatians 6:9 commands: Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up. God does not promise faithfulness produces immediate results. He promises a harvest — in the right season. A man who serves his wife without demanding her response is operating in the economy of God, not the economy of transactions.

EXAMPLE

EXAMPLE

Andre served his wife for ninety days without asking where they stood. He handled the kids without being asked. He never asked if she had forgiven him. On day ninety-one she reached for his hand in church. He had not earned that moment in ninety-one days. He had earned it in ninety-one consecutive decisions to show up without an agenda.

MODULE 4 REFLECTION — BUILDING THE EVIDENCE

Answer honestly. Not how you wish things were — how they actually are.

1. Why are you changing? Write the honest answer — not the answer that sounds right.

2. What does your behaviour look like when she does not respond to your effort? Do you stay consistent or pull back?

3. Name one small act you have done consistently this week without drawing attention to it.

4. What would your behaviour look like in 90 days if she decided not to come back?

SCRIPTURE FOR THIS MODULE

"Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Galatians 6:9

Before I move to the next module, one thing I commit to doing differently:

MODULE 5

WIN HER HEART, NOT THE ARGUMENT

The Difference Between Saving Your Marriage and Saving Your Ego

There is a version of marriage recovery that is really about him. He wants the tension to end. He wants to stop feeling guilty. He wants his life back. She can feel that motive underneath every gesture. It has a smell. And it is the reason his efforts keep landing wrong. The man who wins her back is not trying to win. He has finally decided she is worth more than being right.

KEY CONCEPTS

- The man saving his ego apologizes to relieve his own discomfort. The man saving his marriage apologizes because he finally understands what his actions cost her.
- Winning the marriage requires him to lose the argument — permanently. The moment he lets go of being right, she begins to consider letting him back in.
- She does not need a perfect husband. She needs a humble one. Humility is not weakness. It is the only posture that makes her feel safe enough to come back.

BIOLOGICAL AND PSYCHOLOGICAL

Research on long-term marital recovery identifies one variable that predicts restoration above all others: the husband's capacity to prioritize the relationship over his own self-image. Men who cannot tolerate being wrong without defending themselves rarely rebuild trust. The ability to sit in discomfort without deflecting is not a personality trait — it is a learned discipline. And it is the one she is watching for.

THEOLOGICAL

Philippians 2:3 instructs: Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves. The man who stops asking what he gets out of this and starts asking what she needs has crossed the most important threshold in recovery. That crossing, more than any apology or gesture, is what she has been waiting to see.

EXAMPLE

EXAMPLE

After months of effort that went unacknowledged, David sat with his counselor and said: I think I have been doing all of this to feel better about myself. His counselor said: Then start doing it for her. He went home and asked his wife one question: What do you need from me right now — not for us, just for you. She stared at him for a long moment. Then she told him.

MODULE 5 REFLECTION — WIN HER HEART, NOT THE ARGUMENT

Answer honestly. Not how you wish things were — how they actually are.

1. Are you doing this for her or for yourself? Answer without editing.

2. What would letting go of being right permanently cost you? What would it give her?

3. What does she need from you right now that has nothing to do with saving the marriage — just for her, as a person?

4. What is the one thing you have still been too proud to say or do?

SCRIPTURE FOR THIS MODULE

"In humility value others above yourselves."

Philippians 2:3

Before I move to the next module, one thing I commit to doing differently:

CONCLUSION**THE WORK DOES NOT END HERE. IT BEGINS HERE.**

You have just walked through five principles. You know what she lost. You know what to stop. You know what genuine accountability sounds like. You know what evidence she needs to see. And you know the difference between a man trying to save his marriage and a man trying to save his ego.

Now comes the only part that matters. Application. Every man who reads this and changes nothing will lose her. Every man who reads this and does the work — consistently, humbly, over time — gives her something she can finally respond to.

WHAT HAPPENS NEXT

- Complete every worksheet. The tools for each module are not optional. They are where the work actually happens.
- Do not rush. One module per week minimum. She is not measuring your speed. She is measuring your consistency.
- Find one man to hold you accountable. A pastor, a counselor, a trusted friend who will ask hard questions and tell you the truth.
- Keep going when it is not working. The breakthrough rarely comes when you expect it. It comes on day ninety-one when you had no idea she was watching.

THE FINAL WORD

She is not gone yet. And you are not the same man who panicked when you realized you were losing her. You have been shown what she lost, what you have been doing wrong, and exactly what winning her back actually requires.

The man who wins her back is not the man who tried the hardest. He is the man who finally understood what she needed — and became it. That man is who you are becoming. Do not stop now.

— Lloyd Allen

Marriage Educator, Therapist, and Family Coach

MrMarriage.com

ADDITIONAL RESOURCES

WANT TO GO DEEPER?

This ebook is your companion to the full How to Win Her Back course. The complete course includes video teachings for all five modules, companion worksheets and tools for each module, pre and post assessments, and guided coaching support.

COMPLETE COURSE

The complete How to Win Her Back course — including all five module tools, assessments, and video coaching — is available at MrMarriage.com.

ADDITIONAL COURSES AND EBOOKS

The full Fixing Marriage Academy catalog includes courses and ebooks on Communication, Conflict Resolution, Expectations, In-Laws, His Needs, Her Needs, Family Finance, Sexual Intimacy, Parenting, and Biblical Headship — all available at MrMarriage.com.

ONE-ON-ONE COACHING

For personalized marriage crisis coaching with Lloyd D. Allen, visit lloydallen.org. Individual coaching, couples intensives, and ongoing support programs are available.

*“She is not looking for the man she married. She is looking for evidence that man still exists.
Become the evidence.”*

— Lloyd Allen

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